

## DEPRESSION

Our main concern here is with Biblical counseling. Depression can be a serious medical condition with an organic basis. If the following symptoms are present, a Psychiatrist should be consulted:

1. Poor appetite/weight loss OR increased appetite/weight gain.
2. Sleep difficulties (too much or too little).
3. Major loss of energy, tiredness.
4. Marked slowness of movement OR inappropriate agitation.
5. Loss of interest in usual activities.
6. Feelings of self-reproach, excessive inappropriate guilt.
7. Complaints of, or evidence of, diminished ability to think or concentrate
8. Recurrent suicidal thoughts or wishes.

\*If depression is not rooted in an organic cause, it is usually directly related to irresponsibility. There are consequences to every unbiblical habit and/or sinful reactions to circumstances and other people. Depression may be experienced by anyone and must be dealt with from God's perspective and not just psychological perspective.

**(Genesis 4:3-7).** God commands us by His Word not to live by our feelings, but to decide with our will to respond in a manner which is pleasing to Him. A desire to please only oneself is sin.

**(John 15:8-12; James 1:22-25).** Depression is not an excuse to live in an unbiblical manner. Even if you feel depressed, as a Christian you are to live biblically. Scripture never condones serving God only when we "feel like doing so."

**(Psalm 32:3-5; Psalm 38:1-10; Colossians 3:25).** Symptoms defined as "depression" are sometimes precipitated by sin which means you are living to please yourself. Self-centeredness only leads to problems.

**(I Peter 3:10-12; Romans 8:11-14; Hebrews 4:15,16).** To love life and see good days, you must turn from doing evil and obey God's Word. In spite of 'feeling' depressed, you can live Biblically because of Divine resources that God graciously provides for you. By faith, look at life from God's perspective.

**(Romans 14:17-18; I John 4:18-21; Philippians 4:6,7).** The way you feel and the way you view yourself, your relationships, and your circumstances are often indications of whether you are living to please yourself or God. It is not the world or the things of the world that should control us. Depression reflects an absence of being filled with the fullness of God.

## HOPE

**(John 16:33; Romans 5:3-5; I Corinthians 10:13).** No matter how difficult any situation appears, the Lord is over all. God will not allow anything into your life that is beyond His control or beyond your ability to handle without sin. Trials benefit us and bring out the power of God when we respond Biblically.

**(I Peter 1:6,7; 2 Corinthians 4:7-10).** Everything that happens to a child of God is just 'light affliction.' God is maturing His children for an eternal destiny.

## **CHANGE**

**(I Timothy 4:7-11; Romans 6:11,13,19).** A good steward knows that everything belongs to God. It takes persistence to break lifelong sinful habits.

**(Matthew 7:1-5; 2 Corinthians 10:3-5; Colossians 3:2, 5-9).** In order to put off sinful habits, you must first identify them by examining your life in light of God's Word. It is our duty to repent of anything sinful as we confess these things to God.

**(Galatians 5:16; Ephesians 3:16-21; 1 Peter 4:11).** As you put on righteous deeds in the power of the Holy Spirit, you are to glorify God to demonstrate your love for Him. Be conscious of and practice the presence of Christ within at all times.

## **PRACTICE**

**(Ephesians 5:14-18; James 4:17; Colossians 3:17, 23,24).** Establish a Biblical schedule for fulfilling your God given responsibilities, keeping it regardless of feelings of depression you may experience. Do everything heartily as unto God.

**(2 Corinthians 4:10-12; Matthew 20:26-28; Philippians 2:3-7).** Stop living to please yourself by following God's commandments. Be a servant to God and to others.

**(2 Corinthians 12:7-10; Ephesians 5:20; Hebrews 12:1,2; Revelation 12:11).** Do not be bitter about anything, but thank God for your circumstances that is under His control. Correct all deficiencies in your life that hinder you. Share your suffering with God.

**(1 Corinthians 11:31; Ephesians 4:29; Colossians 4:6).** Biblical self-evaluation is necessary in every area of your life which includes your actions, your relationships with others, your words and your thought life.

**Memory Verse: Genesis 4:7**

**WHAT TO DO WHEN YOU BECOME DEPRESSED** by Jay Adams

**ONLY GOD CAN HEAL THE WOUNDED HEART** by Ed Bulkley